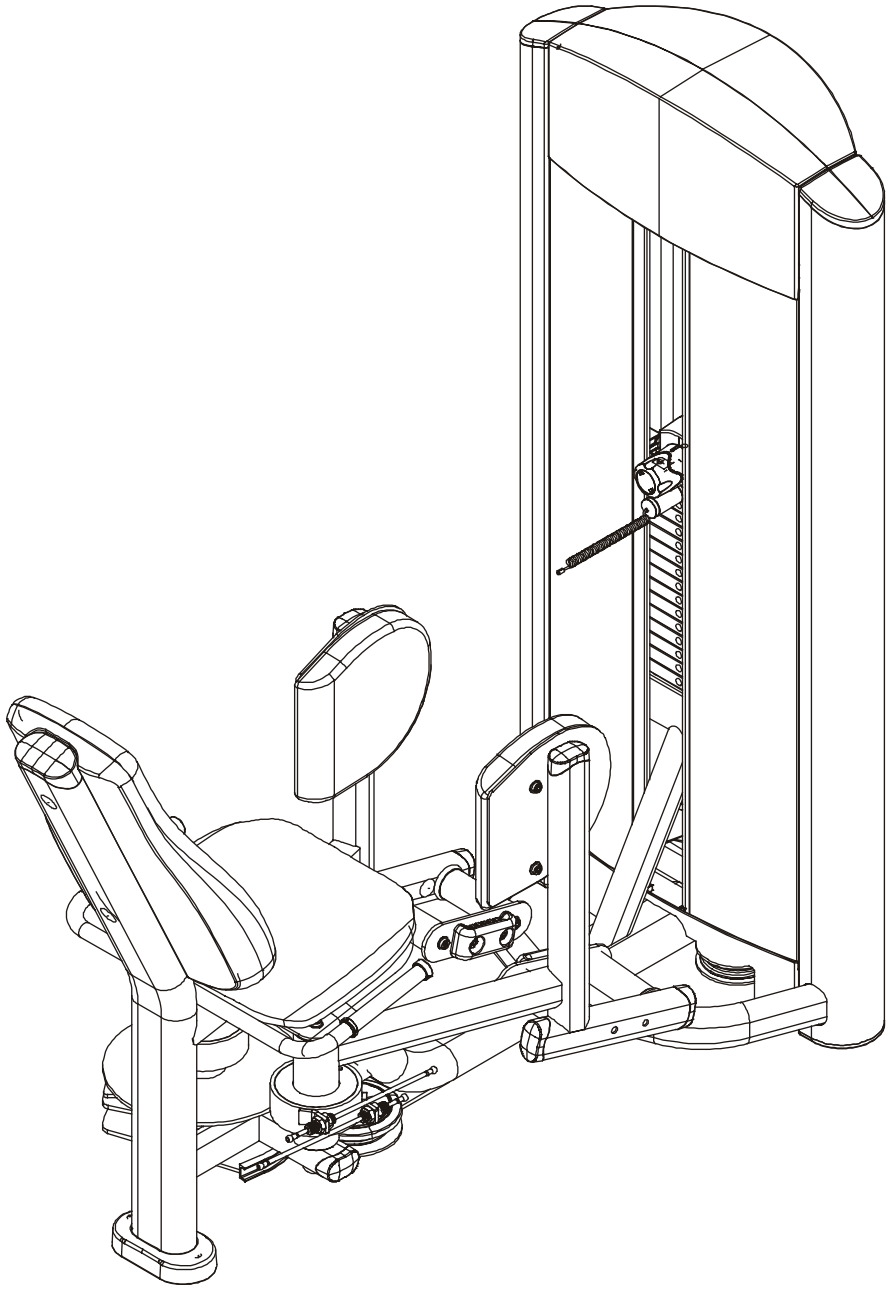
LifeFitness

SIGNATURE SERIES

FZHAB - HIP ABDUCTOR



Customer Support Services

PARTS MANUAL

FZHAB - HIP ABDUCTOR

Notes:

FZHAB - HIP ABDUCTOR
Contents

PAGE

COMPONENT ASSEMBLY 4

COMPONENT ASSEMBLY CALLOUTS 5

MID TOWER ASSEMBLY 6

MID TOWER CALLOUTS 7

HEAD PLATE ASSEMBLY 8

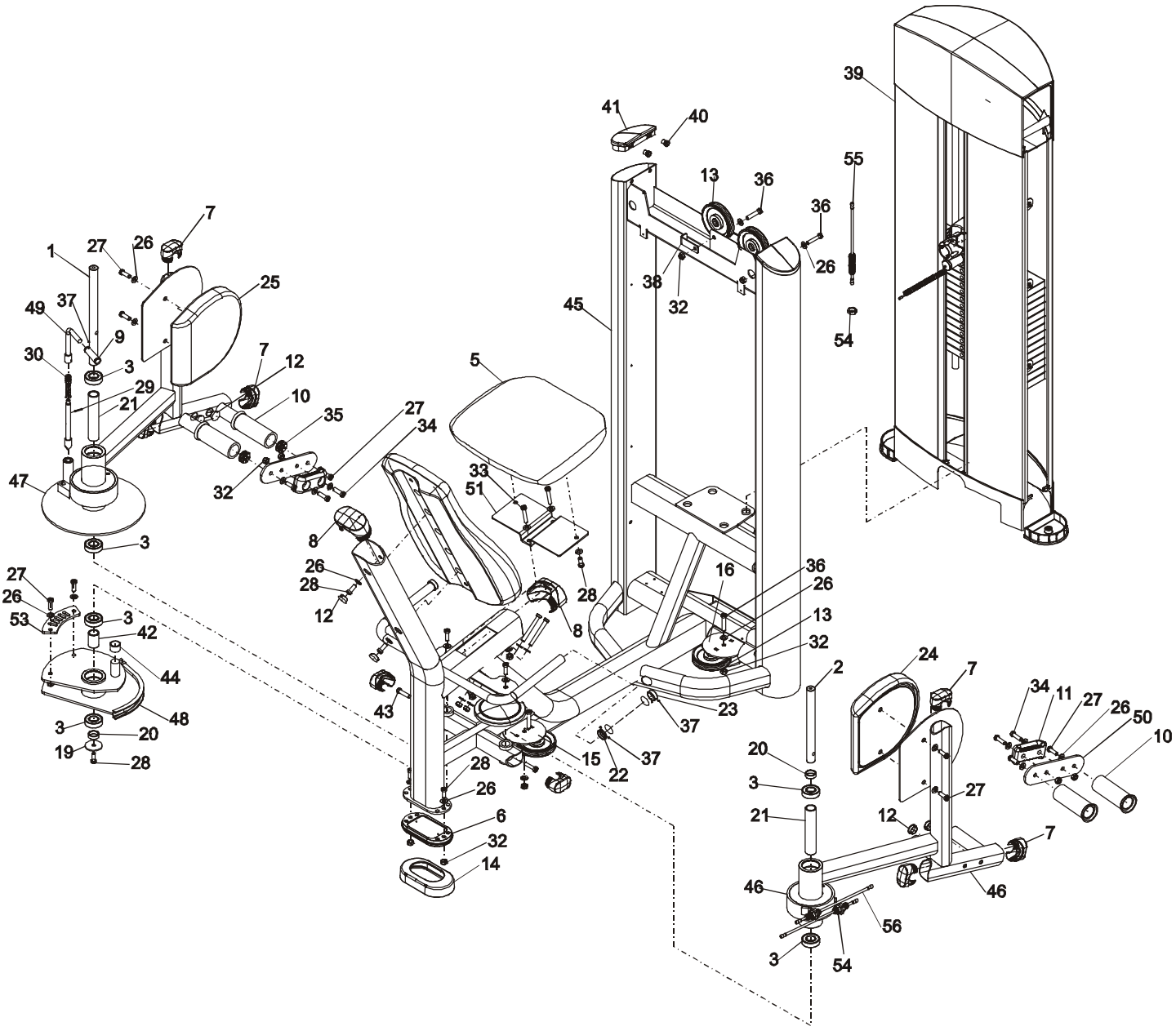
5 LBS INCREMENT WEIGHT 9

10 LBS INCREMENT WEIGHT 10

15 LBS INCREMENT WEIGHT 11

FZHAB - HIP ABDUCTOR

COMPONENT ASSEMBLY



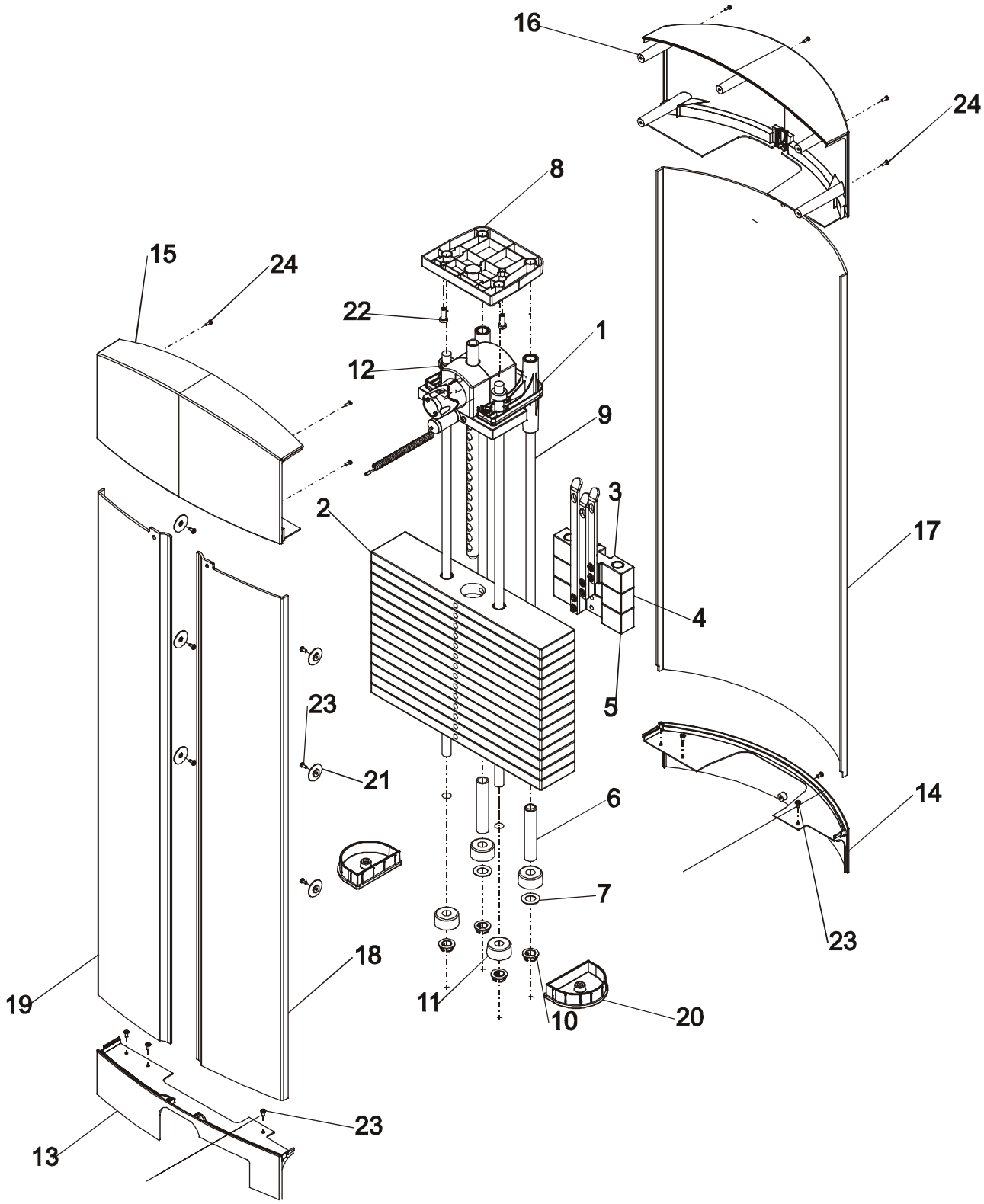
FZHAB - HIP ABDUCTOR

COMPONENT ASSEMBLY CALLOUTS

ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7592001	SHAFT, FZ, 25MM	29	1	3110010	ROLL PIN, 1/8 X 7/8
2	1	7592101	SHAFT, FZ, 25MM X 10.12 LG.	30	1	7351501	SPRING; PULL PIN LARGE
3	6	3235601	BEARING, 6205 BALL	31	2	3236214	SCREW, M10 X1.5 85MM
4	1	7474101	PAD, LARGE BACK	32	17	3236801	NUT, M10 HEX NYLOCK SS
5	1	7297201	PAD, LARGE CHAIR	33	3	3236208	SCREW, M10 X1.5 55MM
6	1	7334001	FOOT, 2.50 X 4.49 FLOV	34	4	3236204	SCREW, M10 X1.5 35MM
7	8	7333801	CAP, SMALL FLOV- END	35	4	7347301	NUT, SPIDER M10 X 1.5
8	2	7333901	CAP, LARGE FLOV- END	36	4	3236207	SCREW, M10 X1.5 50MM
9	1	7424801	HANDLE, KNOB	37	10	3237201	M3 X .5 HXS NO CUP ST BO
10	4	7606201	GRIP, USER ARM	38	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
11	2	7352001	BUMPER, 2-1/8 X 4-5/8	39	1	7622101	ASSY, MID TOWER HAD/HAB-14
12	6	3237403	PLUG, 1" HOLE	40	4	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
13	5	3237801	PULLEY, 4.5" OD	41	2	7326201	CAP, D-TUBE - TOP
14	1	7340201	COVER, FOOT - STRAIGHT	42	1	7330006	SPACER, INTERNAL X 1.765
15	1	7318201	PLATE, PULLEY	43	2	3236205	SCREW, M10 X1.5 40MM
16	1	7318295	PLATE, PULLEY	44	1	7481201	BEARING, M25 X M30 X M20
17	1	7333701	COVER, PULLEY- FLUSH	45	1	RMA	WLDMT, FZHAD, FRAME
18	1	7487301	PIN, SPRING - RATCHET	46	1	7609201	WLDMT, FZHAB,R-ARM
19	1	7322301	PLATE, 1.97 OD X .44 ID 10GA	47	1	7609301	WLDMT, FZHAB , L-ARM
20	3	7330001	SPACER, INTERNAL X .403	48	1	7609401	WLDMT, CAM FZHAB
21	2	7330005	SPACER, INTERNAL X 6.265	49	1	7487301	HANDLE, NEW STRAIGHT PIN STYLE
22	2	7315601	RING, GRIP 1.25 OD	50	2	7609501	PLATE, FOOT,FZ HAD/HAB
23	2	7306901	CAP, GRIP 1.25 OD	51	1	7593401	BRACKET, FZ, SEAT
24	1	7549501	PAD, HIP ADDUCTOR LH	52	1	7593501	BRACKET, FZ, SHAFT
25	1	7549601	PAD, HIP ADDUCTOR RH	53	1	7625801	PLATE, ADJ.-FZHAB, CAM
26	35	3236601	WASHER, 3/8 SAE SS	54	5	3236902	NUT, M16 X 2 HEX JAM SS
27	12	3236203	SCREW, M10 X1.5 30MM	55	1	7423709	CABLE, FZSLP-1
28	7	3236202	SCREW, M10 X1.5 25MM	56	2	7573701	CABLE, PSHAD/HAB

FZHAB - HIP ABDUCTOR

MID TOWER ASSEMBLY



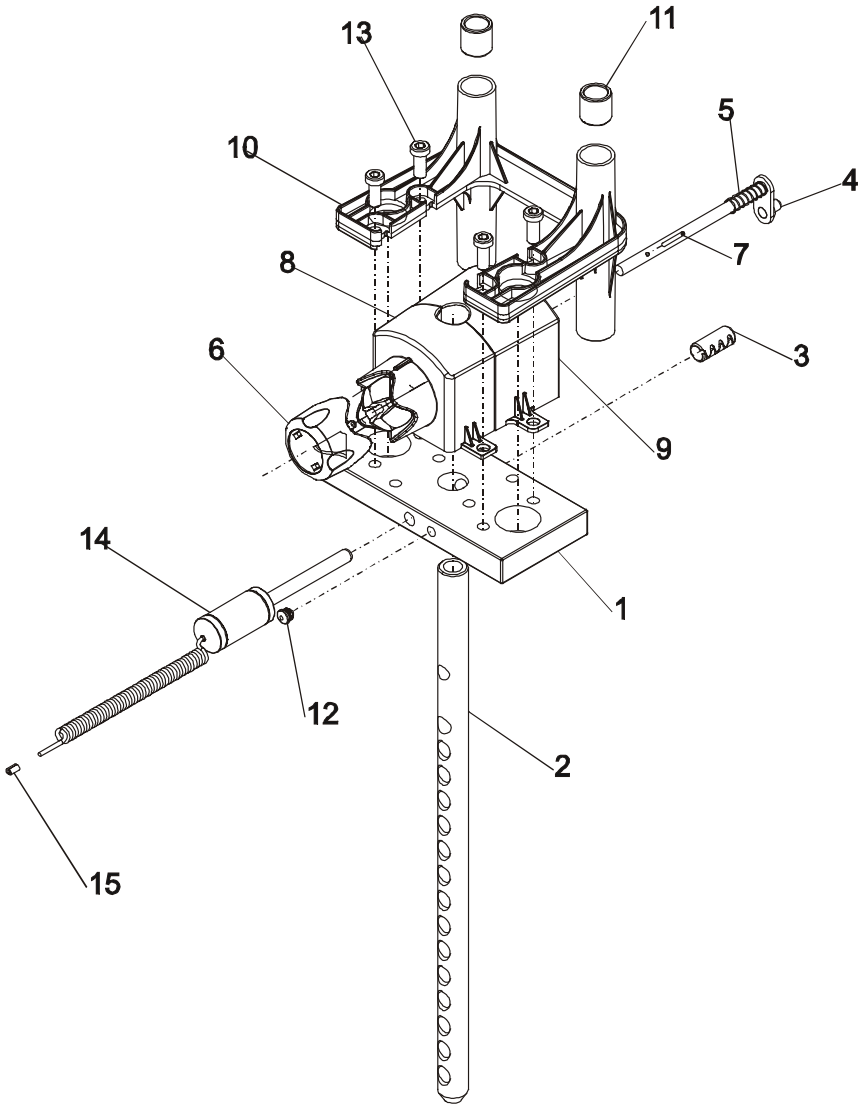
FZHAB - HIP ABDUCTOR

MID TOWER CALLOUTS

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	14	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT - 5 LB
4	1	7327701	ASSY, INCREMENT WT - 10 LB
5	1	7327801	ASSY, INCREMENT WT - 15 LB
6	2	7328701	SPACER, INC WT STACK - 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7357501	RETAINER, GUIDE ROD - TOP
9	4	7328610	GUIDE ROD, .75 OD SOLID 39.75
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
13	1	7592301	COVER, TOWER- BOTTOM FRONT HAD
14	1	7592401	COVER, TOWER- BOTTOM REAR HAD
15	1	7318601	COVER, TOWER- TOP FRONT
16	1	7318701	COVER, TOWER- TOP REAR
17	1	7318301	SHROUD, TOWER- REAR SHORT
18	1	7318402	SHROUD, TOWER- FRT SHORT LH
19	1	7318401	SHROUD, TOWER- FRT SHORT RH
20	2	7326301	CAP, D-TUBE - BOTTOM
21	6	7583501	RETAINER, FZ SHROUD
22	2	3236202	SCREW, M10 X1.5 25MM
23	13	3239101	SCREW, M5X10 PHL PAN TT ST
24	9	3236501	M4 X 0.7 PHL PAN MS ST ZN

FZHAB - HIP ABDUCTOR

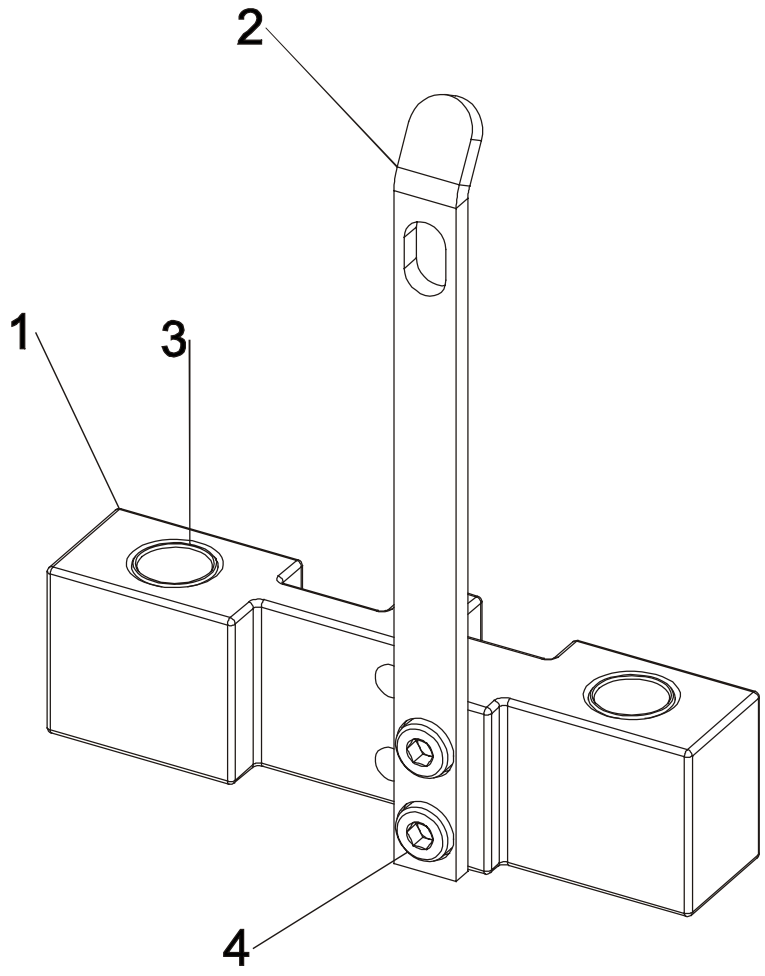
HEAD PLATE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7328901	STEM, 14 PLATE
3	1	3236001	BUSHING, SPRING PIN
4	1	7327201	WLDMT, INCREMENT WT PIN
5	1	6411801	SPRING, POP PIN 3/8 DIA X 2-3/4
6	1	7326101	KNOB, INC WT SELECTOR
7	1	3110008	ROLL PIN, 1/8 X 1-1/4
8	1	7326401	HOUSING, SELECTOR - FRONT
9	1	7326501	HOUSING, SELECTOR - REAR
10	1	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE

FZHAB - HIP ABDUCTOR

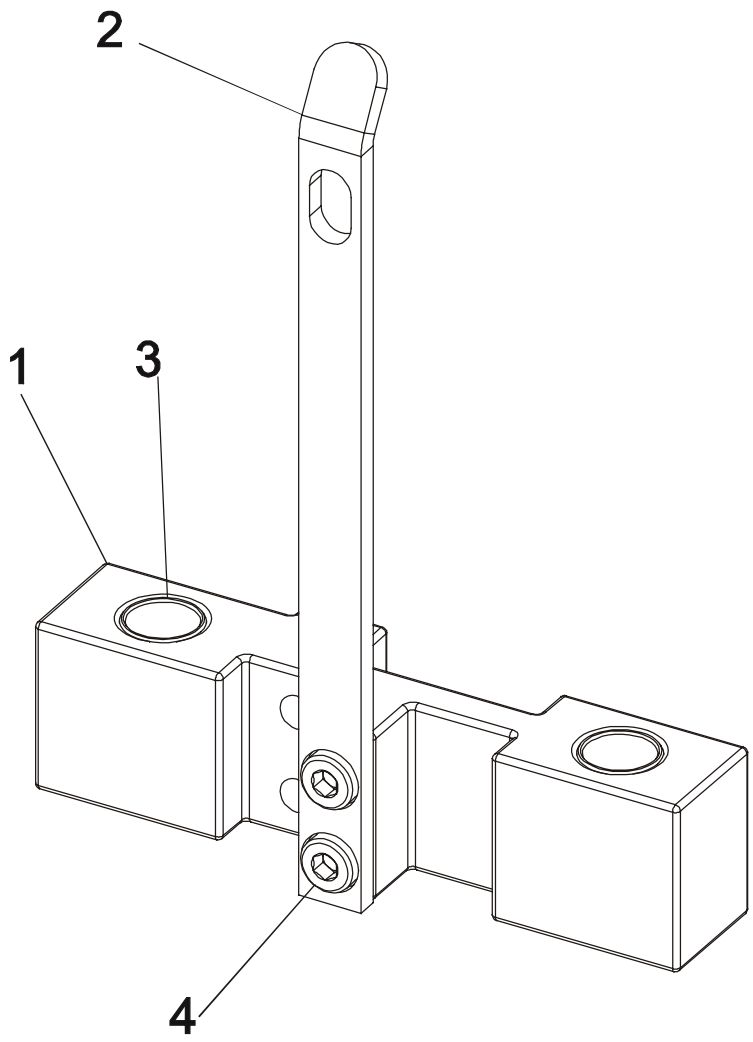
5 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

FZHAB - HIP ABDUCTOR

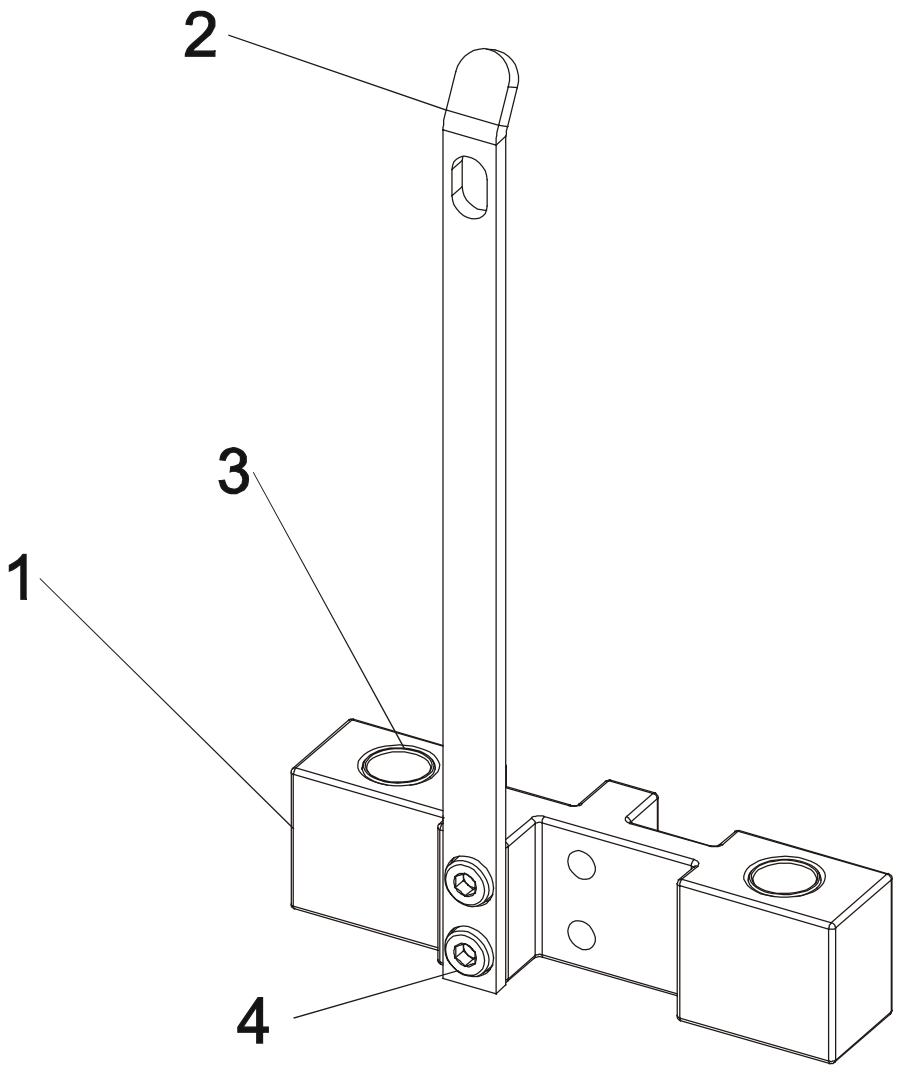
10 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

FZHAB - HIP ABDUCTOR

15 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM